Questions that could help you find a good app:[5]

- Is the purpose of the app clear?
- Is the information up-to-date?
- Does the information come from a trusted source, like a professional health website such as the National Heart, Lung, and Blood Institute (NHLBI) or the American Lung Association?
- Does it protect your private information?
- Is it clear who funded the app and why they are marketing it? For example, was it developed by a pharmaceutical company that suggests you use a specific medication?
- Is the program easy to use?
- Does the program cost money?

Materials that offer education about asthma should discuss:[5]

- Basic facts about asthma and how it works in the body
- Correct use of medications
- Avoiding triggers that cause allergic reactions and asthma attacks
- How to watch for asthma symptoms and then evaluate how bad they are
- Written asthma action plans made just for you and updated regularly
- Recognizing and responding appropriately to asthma attacks

More people are starting to use smartphones and tablets

- 80% of the world has a mobile phone, and about 20% of those are smartphones.[1]
- Almost half of US adults have a phone with one or more apps installed, and almost a third of these people say they have an app that helps track or manage their health.[2]

Using tools on smartphones and tablets can be a great way to learn about and take control of your asthma.

ALL ABOUT ASTHMA APPS

Learn about using mobile applications, or 'apps,' to manage your health, and how to use them safely.
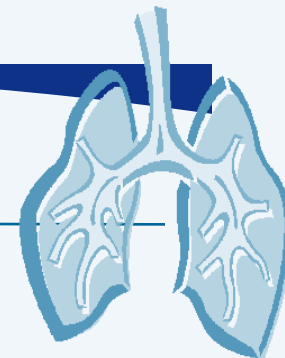
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Asthma Control Program
Chronic Disease Prevention & Health Promotion Bureau

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Apps that could help you manage and learn about your asthma

Who makes sure apps are safe?

The Food and Drug Administration (FDA) only reviews apps that "present a greater risk to patients if they don't work as intended." Unfortunately, that means that almost all apps available for download are not regulated for content. The full guidelines are at www.fda.gov.[6]

In 2012, 103 asthma-related apps were identified by a research team. **1 out of every 3 apps** gave advice for care that was **not supported** by current scientific evidence or medical standards.[3]

Please use caution when choosing an app to help manage your asthma.

- **No current app** will meet the needs of every person;
- Most apps **are not regulated** and could contain bad information; and
- Some with functions like medication dose calculators **could be unsafe**.

You should discuss using the app and the information it provides with your primary care provider. The apps chosen as examples here are some of the most popular options available on the market in 2014.

Propeller Health is currently the only app system that has been approved by the FDA. A small device clips to the top of an inhaler and then records time and place of use to help track symptoms and how well people follow their treatment plan. It connects to an app on your phone through Bluetooth, and is available in both English and Spanish. It teaches about asthma, gives reminders and real-time coaching on the correct use of an inhaler, and responds to a person suddenly using more of their rescue medications, helping people to act early in an asthma attack to prevent hospitalization.

WellaPets is a game about a fire-breathing dragon that needs help with controlling asthma. Players learn about inhaler technique, when to use control and rescue medicines, what asthma triggers are, and how to identify asthma symptoms.

AsthmaMD works with a peak flow meter that can be bought at many common pharmacies. It allows you to track symptoms and medication use in a log that can be sent to your physician. Available on iOS, with Android coming soon.

Assist Me With Inhalers can teach a patient how to use 11 different types of inhalers using both audio and visual aides. There is also a basic reminder system. Currently only available on iOS.

PraxisHealth is currently in development, in limited release, and undergoing research. It is an evidence-based online training tool that helps identify and remove triggers, uses an asthma action plan, and connects you with certified asthma educators that provide you with live support. You can also access online instructional videos on inhaler technique and download an app that schedules reminders and works with the online services. Patients can sign up for their test program, as of August 2014, before the full release.

AsthmaSense works with the AirSonea "Wheeze Monitor" to analyze breathing sounds and identify if a person is wheezing. The app can use asthma action plans, record triggers and medication use, and schedule reminders.

AsthmaBuddy was developed by the National Asthma Council of Australia. It uses asthma action plans and allows you to record peak flow values, medication use, symptoms, and triggers.